

# Immediate Benefits of Quitting

When smokers quit, within 20 minutes of smoking that last cigarette the body begins a series of changes.

## At 20 minutes after quitting

- Blood pressure decreases
- Pulse rate drops
- Body temperature of hands and feet increases

## At 8 hours

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

## At 24 hours

- Chance of a heart attack decreases

## At 48 hours

- Nerve endings start re-growing
- Ability to smell and taste is enhanced

## At 2 weeks to 3 months

- Circulation improves
- Walking becomes easier
- Lung function increases

## At 1 to 9 months:

- Coughing, sinus congestion, fatigue, shortness of breath decreases

## At 1 year:

- Excess risk of coronary heart disease is decreased to half that of a smoker



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# Long-term Benefits of Quitting

## At 5 years

- From five to 15 years after quitting, stroke risk is reduced to that of people who have never smoked.

## At 10 years

- Risk of lung cancer drops to as little as one-half that of continuing smokers
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases
- Risk of ulcer decreases

## At 15 years

- Risk of coronary heart disease is now similar to that of people who have never smoked
- Risk of death returns to nearly the level of people who have never smoked



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